



GRAPEFRUIT JUICE, UNSWEETENED, CANNED

Date: April 2009 Code: A280

PRODUCT DESCRIPTION

- Canned grapefruit juice is 100% juice with no added sugar or sweeteners.

PACK/YIELD

- Grapefruit juice is packed in 46 ounce cans, which is about 11 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining juice in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Grapefruit juice can be served as a beverage, chilled on its own, or used as a base for punch.
- Blend grapefruit juice with fruit, yogurt, and ice to make a fruit smoothie.
- Mix chopped fruit, grapefruit juice, and chopped nuts for a twist on fruit salad.

NUTRITION INFORMATION

- ½ cup of grapefruit juice counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation of fruit is about 2 cups.
- ½ cup of grapefruit juice provides 60% of the recommended daily amount of vitamin C.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (4oz) canned grapefruit juice

Amount Per Serving

Calories	50	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 0mg	0%
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Total Carbohydrate 11g	4%
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Dietary Fiber 0g	0%
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Sugars 11g	
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Protein 1g	
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Vitamin A 0%	Vitamin C 60%
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Calcium 0%	Iron 2%
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*Percent Daily Values are based on a 2,000 calorie diet.

CITRUS SOOTHER**MAKES 4 SERVINGS****Ingredients**

- 2 cups grapefruit juice
- 2 cups orange juice
- ¼ cup honey
- ⅛ teaspoon cinnamon (if you like)

Directions

1. In a medium saucepan combine grapefruit juice, orange juice, and honey. If using cinnamon, add that too.
2. Heat, stirring occasionally, just until warm (do not boil). Serve warm.

Nutrition Information for 1 serving of Citrus Soother					
Calories	160	Cholesterol	0 mg	Sugar	39 g
Calories from Fat	10	Sodium	5 mg	Protein	1 g
Total Fat	0 g	Total Carbohydrate	41 g	Vitamin A	11 RAE
Saturated Fat	0 g	Dietary Fiber	0 g	Vitamin C	80 mg
				Calcium	20 mg
				Iron	1 mg

Recipe adapted from the Florida Department of Citrus.

FLORIDA'S FAVORITE CHICKEN**MAKES 2 SERVINGS****Ingredients**

- 2 chicken breast halves
- 2 tablespoons chicken broth
- 2 tablespoons onion, chopped
- 1 tablespoon cornstarch
- 1 tablespoon water
- 1 cup grapefruit juice
- 2 tablespoons walnuts, chopped (if you like)

Directions

1. Remove skin and bones from chicken.
2. In a skillet, brown chicken breasts in broth until lightly browned, 5 minutes each side.
3. Chop chicken into bite-sized pieces and set aside.
4. In same skillet, lightly cook onion until clear.
5. Mix cornstarch and water in a small cup and add to onion.
6. Slowly add grapefruit juice and stir constantly until mixture starts to thicken.
7. Mix in chicken. If using walnuts, add that too. Cook until heated.
8. Serve immediately.

Nutrition Information for 1 serving of Florida's Favorite Chicken					
Calories	350	Cholesterol	70 mg	Sugar	23 g
Calories from Fat	100	Sodium	90 mg	Protein	31 g
Total Fat	11 g	Total Carbohydrate	32 g	Vitamin A	7 RAE
Saturated Fat	1 g	Dietary Fiber	1 g	Vitamin C	75 mg
				Calcium	50 mg
				Iron	2 mg

Recipe adapted from the Florida Department of Citrus.